

Health & Beauty Hints

By Katherine Morton

Invitations for October weddings are beginning to fly, and so also are letters to beauty specialists. They are mostly from engaged girls and bridesmaids, pretty pleas for "balm," or paste, or advice. Two of the future brides complain of being "worn out" and pale and nervous—that is, two who write to me, and here are patients for that cheapest of medicine and that most rewarding of beauty moves—common sense.

Being engaged is in itself a thrilling experience, trying to the nerves, temper and mere muscles. If the girl does much running around, and if she stays at home, and is entirely occupied with the subject of Jack or John and her own importance, she is apt to get not only pale, but extremely below par in physical fitness. Love is the most consuming emotion of which the human heart is capable, and too much occupation with the subject is far from sensible now when two people expect to join their destinies so soon for all time. Therefore, as a first specific toward the relief of that "tired feeling," and as a cure for indifferent complexions, I would advise the bride-to-be to have more long walks with her "young man" and fewer indoor conferences. Fresh air is the skin's greatest reviver and the exercise freshens the blood, tones up muscles and brings joy to the heart; but since young people always want to drink cold things summer afternoons and nights, I must warn the bride who wants a flawless complexion on her wedding day to steer clear of the ice cream sodas taken so often during the rambles with the beloved one and with girl friends.

Buttermilk, as I have said many times, used internally and externally, is very beautifying to the skin, and sometimes an entire buttermilk diet is needed for toning up the stomach after purging or a bilious attack. Molasses of the thick, dark kind is considered to have a distinct beauty value when eaten with coarse bread, and so are the fresh fruits, particularly oranges, grapefruit, grapes and pineapple. A daily salad of fresh green stuff aids the digestion, and so is a help in the banishing of pimples and the sallowness due to coarse eating or neglect of the bowels.

Weddings coming in October entail a good deal more anxiety about the whiteness of the skin than do those of the springtime, for vacations have just ended and many girls return to town disfigured to the alarming point with sunburn and freckles. For the dispersal of these blemishes massage is needed, but it must follow a hot face bath or a good face steam and be done with a bleaching cream. The cream containing cucumber, lettuce or iris are all whitening in their effect, but much of the success with their use comes with the massage. The rubbing gets down to the seat of things, the pores opening and allowing the unguent used to penetrate below the first layer of skin.

A cucumber milk, which is almost a specific for redness, roughness and sunburn, and which is very helpful in the banishment of freckles, is made in this manner:

Oil of sweet almonds.....4 ounces
Fresh cucumber juice.....10 ounces
Essence of cucumbers.....3 ounces
White castile soap, powdered.....4 ounce
Tincture of Benzoin.....2-3 dram

The cucumber juice is obtained by boiling the vegetables in a very little water. Slice them thin, skin and all, and let them cook slowly till soft and mushy; strain twice through cloth. The essence is made by putting an ounce and a half of the cucumber juice into the same quantity of high-proof alcohol. Put the essence and the soap in quite a large bottle, as the mixture requires much shaking. After a few hours the soap will be dissolved, when it is time to add the cucumber juice; shake the bottle till these ingredients are thoroughly mixed; then pour out into a crockery bowl and add the oil and benzoin, stirring constantly until there is a creamy liquid. Put the emulsion into small bottles, cork tightly and keep in the dark. Always shake the bottle before using the emulsion.

This milk can be employed instead of the cream for the massage and at the same time it will act as an excellent cleanser.

One Great Idea.
A great man attains his normal condition only through the inspiration of one great idea.—Hawthorne.

Why Confidence Will Be Yours

This is the proposition. Buy 3 gallons of Linseed Oil with every 4 gallons of L. & M. Paint and mix the Oil with the Paint. If the Paint thus made costs more than \$1.00 per gallon—if the Paint as you use is not perfectly satisfactory—then return whatever you have not used and get back all you have paid for the whole of it and besides the money you have paid to the painter. No other Paint compares with L. & M. in quality and durability. The price is right, the proposition is right. You will be right in using it whenever you want Paint.

Call on McCrum Drug Co., Lexington, H. L. Gilkerson, Buena Vista.

A Twice-Told Tale

One of Interest to Our Readers.

Good news bears repeating, and when it is confirmed after a long lapse of time, even if we hesitated to believe it at first hearing, we feel secure in accepting its truth now. The following experience of a Lexington man is confirmed after four years.

O. H. Chittum, shoemaker, Main St., Lexington, Va., says: "The statement made by me some years ago about Doan's Kidney Pills was true. My boy has not used of this remedy since that testimonial was given. The boy suffered every night, being unable to control the kidney secretions. We were extremely pleased when a box of Doan's Kidney Pills, which was obtained at B. H. Gorrell's Drug Store, rid him of the complaint. Another member of my family has used them with good results."

The above was the substance of Mr. Chittum's conversation when he was interviewed on November 25, 1907. When visited on March 11, 1912, Mr. Chittum said: "The statement I gave several years ago about Doan's Kidney Pills was right in every way. My boy has not used any kidney remedy since that time. The cure has been permanent."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States. Remember the name—Doan's—and take no other.

ICE! ICE! ICE!

I have just finished a

New Fifteen Ton ICE FREEZING TANK

which is more than double the capacity of my old tank, and with other

Up-to-date Improvements

I am in a position to furnish ice in either

LARGE OR SMALL QUANTITIES

My ice is made from

PURE DISTILLED SPRING WATER

All orders by Phone or Mail will have prompt attention

Yours very truly

W. R. HUMPHRIS

May 3, 1915 mo

W. B. HARRISON W. B. HUTTON

Harrison & Hutton

Successors to Koonce & Harrison

We want to call your attention to our new and attractive line of Mattings, Rugs and Druggets, Porch Swings, Settees, Rockers and Porch Shades, Window Shades in all sizes. We have a new and complete line of

Furniture

of all description at special low prices and would be pleased to show you.

We are agents for the high-grade Baldwin Pianos; also medium-priced Ellington & Howard Pianos. Would be pleased to give you close prices.

Undertaking department continued under registered embalmer, at lowest prices.

SAME STAND

Cor. Nelson and Jefferson Sts. LEXINGTON, VA.

Store Phone, 229. Night and Sunday Phone, 229 and 77. Jan. 31 if

J. F. MYERS Builder and Contractor

SPECIAL ATTENTION PAID TO REPAIR WORK OF ALL KINDS WAGON MAKING, CARRIAGE SHOP AND ALL KINDS OF REPAIRS AT

A. W. HANSPILE'S Old Stand NEXT TO HITCHING YARD

W. L. Benson is associated with me.

Phone 208 Lexington, Nov. 22 if Virginia

ALL KINDS OF OUTSIDE whitewashing and wood-sawing with gasoline engine. A postal card will bring me to your door. Sam I. Hamilton, 17 Davidson street, Lexington. Aug. 21 if

\$80,000,000.00 Lost Annually by Wage Earners

Dr. Sadler estimates that about \$80,000,000.00 in wages is lost annually to the American people as a direct result of colds. Lost time means lost wages and doctoring is expensive. Use Foley's Honey and Tar Compound promptly. It will stop the cough and heal and soothe the sore and inflamed air passages. B. H. Gorrell.

Killed by Kindness.

More brooder chicks are killed by kindness than die of any other complaint. A chick that is a little hungry will take exercise sufficient to keep in good health. Make your ration for chicks about one-third cracked corn seed, and you will not have much bowel trouble, and sprinkle the floor of the brooder with good clean sand every day or two.

Vermin in Hot Weather.

Vermin breeds much faster in warm weather than in cool weather. Often give the henhouses, brooders and brood coops a thorough disinfecting with some good liquid disinfectant and dust the fowls and chicks well with lice powder.

U. A. Smith, Bridgeton, Ind., had kidney trouble for years, and was so crippled with rheumatism he could not dress without help. He started using Foley Kidney Pills, and says: "I began to get better at once, and now all my trouble has left me and I do not feel that I ever had rheumatism. I rest well all night and tho' 59 years old, can now do the work of a man of 35 years. I would like to be the means of others getting benefit from Foley Kidney Pills." Refuse substitutes. B. H. Gorrell.

Got Back at the Judge.

A celebrated engineer, being examined at a trial where both the judge and counsel tried in vain to browbeat him, made use in his evidence of the expression, "the creative power of a mechanic," on which the judge rather tartly asked him what he meant by "the creative power of a mechanic." "Why, my lord," said the engineer, "I mean that power which enables a man to convert a goat's tail into a judge's wig."

T. L. Parks, Murrayville, Ga., Route 1, is in his 73rd year, and was recently cured of a bad kidney and bladder trouble. He says himself: "I have suffered with my kidneys. My back ached and I was annoyed with bladder irregularities. I can truthfully say one 50c. bottle of Foley Kidney Pills cured me entirely." They contain no habit-forming drugs. B. H. Gorrell.

Doubtful.

"Jones is extremely attentive to his wife."
"Still very much in love with her, eh?"
"Either that, or he is afraid of her."
—Boston Transcript.

Mrs. J. N. Hill, Haver, Ga., has used Foley's Honey and Tar Compound for years, and says she always recommends it to her friends. "It never fails to cure our coughs and colds and prevents croup. We have five children and always give them Foley's Honey and Tar Compound for a cold, and they are all soon well. We would not be without it in our house." B. H. Gorrell.

Tip Philosophy.

"Pink, I'm afraid you are wastin' your time brushin' my hat. I don't seem to have anything smaller than a \$10 bill." "I kin change dat all right, boss." "Then you don't need the tip. So long, Pink."—Chicago Tribune.

Antoine Deloria, Postmaster at Garden, Mich., knows the exact facts when he speaks of the curative value of Foley Kidney Pills. He says: "From my own experience I recommend Foley Kidney Pills as a great remedy for kidney trouble. My father was cured of kidney disease and a good many of my neighbors were cured by Foley Kidney Pills." B. H. Gorrell.

Judge Held for Speeding.

Greenwich, Conn.—A constable brought an auto speeder into Justice Burns' court for trial, but the justice could not be found, for at the same time he was answering a charge of speeding his own automobile in another court.

A really effective kidney and bladder medicine must first stop the progress of the disease and then cure the conditions that cause it. Use Foley Kidney Pills for all kidney and bladder trouble and urinary irregularities. They are safe and reliable. They help quickly and permanently. In the yellow package. B. H. Gorrell.

The Mean Man.

"Do you mean to say that you flirted with your wife all the evening at the masked ball and didn't know her?" "That's right. But she was so deuced agreeable—how was I to know it?"—Tit Bits.

"My child was burned terribly about the face, neck and chest. I applied Dr. Thomas' Eclectic Oil. The pain ceased and the child sank into a restful sleep."—Mrs. Nancy M. Hanson, Hamburg, N. Y.

A Frigid Atmosphere.

"Where you been?"
"Been to call on that Boston girl. And say!"
"Well!"
"Whenever I call on that girl I always feel like I had been frigid north."

Don't use harsh physics. The reaction weakens the bowels, leads to chronic constipation. Get Doan's Regulants. They operate easily, tone the stomach, cure constipation.

"SMALLEST BABY" THRIVES

Philadelphia Infant Reaches Weight of Almost Two Pounds and is Near Seven Inches Long.

Philadelphia.—Russell Dalley, the smallest baby ever born here, is making rapid strides at the University hospital. Now nearly two weeks old, he has attained a weight of one pound eleven ounces and a length of six and three-quarter inches. The physicians say that his digestive apparatus is normal and that he should thrive, barring unforeseen circumstances.

To Keep Green Vegetables.

When wishing to keep vegetables—such as greens, lettuce, parsley, etc., until the following day, place, with the roots, or where they have been cut, in a vessel containing water, exactly as you would a bunch of cut flowers, and they will be as fresh as if newly cut.—Home Department Magazine.

Repels Attack of Death

"Five years ago two doctors told me I had two years to live." This startling statement was made by Stillman Green, Malachite Col. "They told me I would die with consumption. It was up to me then to try the best lung medicine and I began to use Dr. King's New Discovery. It was well I did, for today I am working and believe I owe my life to this great throat and lung cure that has cheated the grave of another victim." Its folly to suffer with coughs, colds or other throat and lung troubles now. Take the cure that's safest. Price 50 cents and \$1.00. Trial bottle free at B. H. Gorrell's.

Bathroom Stand.

A low stool with broad seat, most convenient for drying the feet, for putting on shoes and stockings or pedicuring, is given a touch by one housekeeper that makes it effective and sanitary. The cushion, indeed, most of the framework, is covered with a neatly fitted slip, with square top and sides, made of thick white Turkish toweling.

Several of the covers are owned, so they can be frequently changed; usually a fresh one is put on each morning.

Glorious News

comes from Dr. J. T. Cutler, Dwight, Kan. He writes: "I not only have cured but cases of eczema in my patients with Electric Bitters, but also cured myself by them of the same disease. I feel sure they will benefit any case of eczema." This shows what thousands have proved, that Electric Bitters is a most effective blood purifier. It's an excellent remedy for eczema, tetter, salt rheum, ulcers, boils and running sores. It stimulates liver, kidneys and bowels, expels poisons, helps digestion, builds up the strength. Price 50 cts. Satisfaction guaranteed by B. H. Gorrell.

Deserving of Sympathy.

"I am the mother of 21 children," declared a woman at Tower Bridge police court, who was alleged to be an habitual drunkard, "and I have always made my children's clothes, mended their boots, and cut their hair." "We all sympathize with you," remarked the magistrate, Mr. Cecil Chapman.—London Daily Mail.

To Mothers—And Others

You can use Bucklen's Arnica Salve to cure children of eczema, rashes, tetter, chaffings, scaly and crusted humors, as well as their accidental injuries—cuts, burns, bruises etc., with perfect safety. Nothing else heals so quickly. For boils, ulcers, old, running or fever sores or piles it has no equal. 25 cts. at B. H. Gorrell's.

Composition of Whalebone.

The whalebone is not bone, strictly speaking, but bristles found in the mouth of the whale, by which the animals are enabled to entrap small fish for food.

Nineteen Miles a Second

without a jar, shock or disturbance, is the awful speed of our earth through space. We wonder at such ease of nature's movement, and so do those who take Dr. King's New Life Pills. No gripping, no distress, just thorough work that brings good health and fine feelings. 25c. at B. H. Gorrell's.

Independence First.

Let your first effort be not for wealth, but independence. Whatever be your talents, whatever your prospects, never be tempted to speculate away, on the chance of a palace, that which you need as a provision against the workhouse.—Lord Lytton.

Hives, eczema, Itch or salt rheum sets you crazy. Can't bear the touch of your clothing. Dean's Ointment cures the most obstinate cases. Why suffer? All druggists sell it.

Impatience.

Some people become discouraged because opportunity doesn't respond whenever they whistle for it.

Can't look well, eat well or feel well with impure blood feeding your body. Keep the blood pure with Burdock Blood Bitters. Eat simply, take exercise, keep clean and you will have long life.

BEST AND HEALTH TO MOTHER AND CHILD.

Mrs. Winkler's soothing Syrup has been used for over SIXTY YEARS BY MILLIONS OF MOTHERS FOR THEIR CHILDREN WHILE THEYING, WITH PERFECT SUCCESS. IT SOOTHES THE CHILD, SOFTENS THE GUMS, ALLAYS ALL PAIN, CURES WIND COLIC, and is the best remedy for DIARRHEA. It is absolutely harmless. Be sure and ask for "Mrs. Winkler's Soothing Syrup," and take no other kind. Twenty-five cents a bottle.

PRETTY SUMMER SILKS



About the most practical of summer gowns are those simple affairs made of light-weight silks in colors neither very dark nor very light. Foulards, messalines, chiffons, taffetas and the less expensive crepes are mainly chosen for these, and their success (beside the beauty of the fabrics) lies in good color combinations and in design. The changeable taffetas of the present season have inspired designers to many pretty and very effective new ideas. These designers have had in mind all types of figures; designing for the slim ones gowns calculated to make them look not too straight, and for the plump ones lines tended to lengthen curves and lend grace. Either style or any style will look well on a figure possessed of the right proportions. That is, one that is neither too thin or too fat.

Another advantage of these unpretentious silk gowns is that two silks are so often combined in making them that short lengths may be used. And for the clever and economical lady who would evolve a new gown out of two old ones any number of good designs are offered in combinations of two fabrics, which she may model after.

Two examples are shown here of models that are easy to make and pleasing to look at. A changeable chiffon taffeta (as brown, blue or green, shot with black) has an applique of heavy ecru lace and pipings of black satin. Little buttons of black satin and a narrow girdle of the same add a telling finish. For the touches of black are most effective.

This model is designed for a slender figure and is made so that it may be worn with a chemisette and collar of lace. There is a small applique of silk passementerie of gold, black and the color of the gown.

The second model which has been developed in blue and white or black and white. The little coat is of a plain foulard in the color of the body of the gown, with cuffs to match. Little oblong covered buttons in the plain fabric and pipings of the figured material make a pretty finish. The tie is a vivid green, but black might be used instead. Lace undersleeves and a chemisette are worn with this model and its straight lines and plain skirt recommend it to the stout figure.

SOME HOME-MADE PRESENTS

Pretty Gifts That Are Far Superior to Those That May Be Purchased Anywhere.

Cretonne lamp shades with net laid over them.

Cake covers made of flit lace on a wire frame.

Some one of the numerous delectable little towels.

A collar and cuff set of fine linen well made and embroidered.

A pair of new gathered ribbon garters with a posy of satin roses.

A set of cretonne or linen cases and cloth to match for her traveling cases. Lingerie pillows of handkerchief linen, Cluny lace and a touch of embroidery.

A table cover in Monk's cloth with cross-stitch design all around the square.

Tea cloths and tea napkins with embroidered monograms and any individual touch.

A set of sachets of different size, not clumsy or overworked, but dainty and well filled.

For the Pongee Costume.

The "natural-colored" girl is again with us, meaning the girl who goes in for a costume wholly in the shade of natural-colored linen or pongee. With her tailored suit or frock of either heavy linen or wash, she wears leather pumps and hosiery of a matching hue, a linen petticoat bordered and banded with coarse unbleached linen lace, a suede belt with self-colored buckle and an outing hat of raffia or Panama draped with a natural-colored Shantung scarf. Finally, in one hand she carries a sunshade of Shantung and natural wood, and in the other a handbag of raffia. For country wear this sort of costume is exceedingly knowing-looking and it is a decided relief in a neighborhood where all-white or white and color get-ups prevail.

Boudoir Fancies.

Delightfully dainty and cool looking are the new tamboired Swiss shams and scarfs for the boudoir. The plaid Swiss is shown for pillow shams, bureau dress and table scarfs, all with heavy scalloped edge and with stitched braid design. These suggest simple curtains of plaid muslin or Swiss and cushion box and couch covers of gayly colored cretonne, with perhaps a colonial rag rug or one of matting in summery lightness. The plaid Swiss for the shams and covers are decorated with scallops similar to the plaid effect, but solid dots and figures are strewn over the surface of the braid work.

To Protect the Blouse.

The hardest wear on a waist comes on the sides under the arms. Protect this part of the blouse with a strip of oiled silk and there will be less likelihood of the unsightly holes, which often make an otherwise good waist unwearable. This is a trick of the trade practiced by the most fashionable of New York dressmakers.—Good House-keeping Magazine.

FROCKS FOR LITTLE GIRL

Simple Styles That Are Always in Favor and That Would Be Unwise to Change.

In children's frocks nowadays style is quite as important as it is in regard to grown-up garments. For a long time there has been comparatively little difference in the outline of clothes for young girls, grown girls and their still girlish mothers, but perhaps this is to no small extent due to the fact that grown-up lines have been simple enough for children to adopt.

No doubt if our dressmakers succeed in forcing upon us panniers and draperies, general good taste will prevent our defying little girls' frocks to match, and we shall leave them still straight, slim and simple. Meantime the coat and skirt of simple make, with a plain front panel, large revers and collar and the inevitable sprinkling of buttons or a long Cossack frock or a pleated skirt and Magyar blouse are each regarded as in their proper place becoming to the school girl or even to the smaller child.

NEW STOCK COLLARS.



The new grandfather's stock is just another variation on the Robespierre neckwear which is now at the height of fashion. This collar of sheer hemstitched white linen turns over on a high stock of plaited black silk, and is trim and smart with tailored silk blouses for morning wear.

Renovate Crepe.

Skimmed milk and water, with a bit of glue in it, made scalding hot, is excellent to restore old rusty black crepe; if well squeezed and pulled dry like muslin, it will look as well as, or better, than new.